

RINGKASAN

PENGARUH METODE *PARTICIPATORY LEARNING AND ACTION* (PLA) PADA SUAMI DALAM MENINGKATKAN DUKUNGAN PEDULI ASI DAN *BREASTFEEDING SELF EFFICACY*

Oleh : Desy Siswi Anjar Sari

ASI merupakan sumber energi dan protein selama anak sakit dan mampu menurunkan kematian pada anak-anak yang mengalami kurang gizi. Masalah utama rendahnya pemberian ASI Eksklusif di Indonesia adalah pengaruh faktor sosial budaya, kurangnya pengetahuan ibu hamil, keluarga, dan masyarakat. Ibu menyusui menunjukkan bahwa mereka mendapat dukungan suami berhasil dalam proses menyusui melalui keyakinan dan kemampuan daripada mereka yang mendapat sedikit atau tanpa dukungan. Adapun keinginan besar dari para suami untuk mendukung istrinya yang menyusui, tetapi para suami tidak selalu diikutsertakan pada saat edukasi antenatal maupun post natal..

Metode *Participatory Learning and Action* (PLA) atau belajar dari bertindak secara partisipatif; belajar dan bertindak bersama, aksi-refleksi partisipatif diharapkan mampu meningkatkan pemahaman pada suami, karena adanya proses belajar bersama dan tampil untuk meningkatkan pengetahuan dan mempengaruhi para suami atau calon Ayah dalam memberi dukungan dan mempengaruhi keyakinan dan kemampuan istrinya proses menyusui.

Penelitian ini menggunakan jenis penelitian *quasi experiment* dengan bentuk *pretest – posttest with control group design*. Variabel independen dalam penelitian ini adalah dukungan suami dan variabel dependennya adalah *breastfeeding self efficacy*. Kelompok perlakuan diberikan Edukasi dengan metode PLA (*Participatory Learning and Action*) yang diberikan melalui 3 sesi selama 3 minggu, sedangkan kelompok kontrol hanya diberikan edukasi standar kepada suami dan istri sesuai program Puskesmas saat memeriksakan kehamilan baik ke Bidan atau Puskesmas. Pada kedua kelompok diawali dengan *pre test* dan setelah perlakuan diadakan *post test* untuk kelompok perlakuan dan kontrol. Populasi penelitian adalah keluarga dengan ibu hamil trimester III di puskesmas wilayah kerja Dinas Kabupaten Jombang dengan 62 responden dipilih dengan menggunakan *simple random sampling* serta instrumennya menggunakan kuesioner. . Uji analisis menggunakan *wilcoxon* dan *mann withney* dengan statistik yang digunakan adalah *wilcoxon* dan *mann whitney* nilai signifikansi ($\alpha = 0,005$).

Hasil uji Wilcoxon didapatkan $p < 0.05$ dan Uji *Mann Whitney* menunjukkan nilai signifikansi dengan nilai $p = 0,000$, dengan rerata selisih peningkatan nilai dukungan suami dan *breastfeeding self efficacy* pada kelompok perlakuan lebih tinggi dari pada kelompok kontrol. Dari hasil tersebut menunjukkan bahwa ada

beda antara kelompok perlakuan dan kontrol dalam meningkatkan dukungan suami dan *breastfeeding self efficacy*.

Berdasarkan hasil penelitian disarankan kepada pihak Puskesmas khususnya pemegang program gizi diharapkan dapat menerapkan kegiatan Edukasi dengan metode PLA (*participatory Learning and Action*) dapat meningkatkan dukungan suami peduli ASI dan breastfeeding, Intervensi tersebut berfokus pada model pembelajaran partisipatif (keikutsertaan) peserta dalam semua aspek mulai kegiatan merencanakan, melaksanakan menilai kegiatan. Edukasi saat persiapan proses menyusui lebih efektif diberikan saat hamil dan memberikan edukasi tidak hanya kepada ibu hamil saja tetapi dengan suaminya. Dengan memberikan Edukasi dengan metode PLA kepada suami mampu meningkatkan dukungan peduli ASI dan *breastfeeding self efficacy*, dengan melibatkan suami dalam proses edukasi para suami merasa berharga dan terlibat langsung proses persiapan menyusui dan memahami tentang kebutuhan yang diperlukan untuk istrinya. Bagi peneliti selanjutnya diharapkan dapat melakukan penelitian Edukasi dengan metode PLA (*participatory Learning and Action*) dengan sampel yang lebih besar dan dengan menambahkan metode yang lain seperti observasi.

EXECUTIVE SUMMARY

EFFECT OF PARTICIPATORY LEARNING AND ACTION (PLA) METHOD TO HUSBAND IN INCREASING THE SUPPORT OF BREASTFEEDING CARE AND BREASTFEEDING SELF EFFICACY

Oleh : Desy Siswi Anjar Sari

Breastfeeding is a source of energy and protein during a child's illness and able to reduce mortality rate of children who experience malnutrition. The main problem of the low level of exclusive breastfeeding in Indonesia is the influence of socio-cultural factors, lack of knowledge of pregnant women, families, and society. Breastfeeding mothers show that they have husband's support for success in the process of breastfeeding through beliefs and abilities than those who get little or no support. As for the desire of the husbands to support his wife who hold breastfeeding, but the husbands are not always included during antenatal and post natal education.

Participatory Learning and Action (PLA) Method or learn from a participatory manner; learning and acting together, participatory action-reflection is expected to improve understanding of the husband, because there is a shared learning process and appear to increase knowledge and influence husbands or prospective Father in providing support and influencing his wife's beliefs and abilities in the process of breastfeeding.

This study used a quasi experiment with pretest - posttest of control group design. The independent variable in this study was husband's support and the dependent variable was breastfeeding self efficacy. The treatment group was given Education with Participatory Learning and Action (PLA) method which was given through 3 sessions for 3 weeks, while the control group was only given standard education to husband and wife according to the public health center program when examining the pregnancy either to the midwife or health center. In both groups, started with pre-test and after this the post-treatment was carried out for the treatment and control groups. The population of study was families with third trimester pregnant women in health centers in the work area of Jombang with 62 respondents which selected using simple random sampling and the instrument used a questionnaire. . The analysis test used Wilcoxon and Mann withney with the statistics used were Wilcoxon and Mann Whitney significance values ($\alpha = 0.005$).

Wilcoxon test results obtained $p < 0.05$ and Mann Whitney test showed a significance value with $p = 0.000$, with a difference in the increase of value of husband support and breastfeeding self efficacy in the treatment group was higher than the control group. These results indicated that there were differences between treatment and control groups in increasing husband's support and breastfeeding self efficacy.

Based on the results of the study it was suggested to the public health care especially nutrition program holders who were expected to be able to implement Education activities with the PLA (participatory Learning and Action) method which could increase the support of husbands caring for breastfeed and breastfeeding, the intervention focused on participatory learning models (participation) of participants in all aspects such as planning activities, carrying out assessing activities, plan, carry out assessing activities. Education during preparation of breastfeeding process was more effectively given during pregnancy and provided education not only to pregnant women but also her husband. By providing education with the PLA method to the husband was able to increase support for breastfeeding care and breastfeeding self efficacy, by involving the husband in education process in which the husbands felt valuable and directly involved in the process of preparing breastfeeding and understanding the needed for his wife. For further researchers, it was expected that they could carry out educational research using PLA (participatory learning and action) method with a larger sample and by adding other methods such as observation.

ABSTRAK

PENGARUH METODE *PARTICIPATORY LEARNING AND ACTION* (PLA) PADA SUAMI DALAM MENINGKATKAN DUKUNGAN PEDULI ASI DAN *BREASTFEEDING SELF EFFICACY*

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Pendahuluan:. Masalah utama rendahnya pemberian ASI Eksklusif di Indonesia adalah pengaruh faktor sosial budaya, kurangnya pengetahuan ibu hamil, keluarga, dan masyarakat. Dukungan suami sangat diperlukan, namun para suami tidak selalu diikutsertakan pada saat edukasi antenatal maupun post natal. Tujuan penelitian ini untuk mengetahui pengaruh metode *Participatory Learning and action* (PLA) pada suami dalam meningkatkan dukungan peduli ASI dan *breastfeeding self efficacy* **Metode:** Penelitian ini menggunakan jenis penelitian *quasi experiment* dengan bentuk *pretest-posttest with control group design*. Variabel independen dalam penelitian ini adalah dukungan peduli ASI dan variabel dependennya adalah *breastfeeding self efficacy*. Populasi penelitian adalah keluarga dengan ibu hamil trimester III di Puskesmas wilayah kerja Dinas Kabupaten Jombang dengan 62 responden dipilih dengan menggunakan *simple random sampling* serta instrumennya menggunakan kuesioner. Intervensi PLA (*Participatory Learning and Action*) dilakukan dengan sebanyak 3 sesi selama 3 minggu dianalisis menggunakan *wilcoxon* dan *mann withney* dengan nilai signifikansi ($\alpha = 0,005$). **Hasil:** Hasil uji *Wilcoxon* didapatkan $p < 0.05$ dan Uji *Mann Whitney* menunjukkan nilai signifikansi dengan nilai $p = 0,000$, menunjukkan bahwa ada beda antara kelompok perlakuan dan kontrol dalam meningkatkan dukungan suami dan *breastfeeding self efficacy* **Kesimpulan:** Intervensi Edukasi dengan metode PLA (*participatory Learning and Action*) dapat meningkatkan dukungan suami peduli ASI dan breastfeeding, Intervensi tersebut berfokus pada model pembelajaran partisipatif (keikutsertaan) peserta dalam semua aspek mulai kegiatan merencanakan, melaksanakan menilai kegiatan.

Keyword : PLA (*participatory Learning and Action*), *dukungan suami*, *breastfeeding self efficacy*

ABSTRACT

EFFECT OF PARTICIPATORY LEARNING AND ACTION (PLA) METHOD TO HUSBAND IN INCREASING THE SUPPORT OF BREASTFEEDING CARE AND BREASTFEEDING SELF EFFICACY

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Introduction: The main problem of low level of exclusive breastfeeding in Indonesia is the influence of socio-cultural factors, lack of knowledge of pregnant women, families, and society. Husband's support is very necessary, but husbands are not always included during antenatal and post natal education. The purpose of this study is to determine the effect of Participatory Learning and Action (PLA) methods on husbands in increasing breastfeeding care support and breastfeeding self efficacy. **Method:** This study used a quasi-experimental study with pretest-posttest of control group design. The independent variable in this study was breastfeeding care support and the dependent variable was breastfeeding self efficacy. The population of study was families with third trimester pregnant women at the working area of Public health center in Jombang with 62 respondents which selected using simple random sampling and the instrument used a questionnaire. Participatory Learning and Action (PLA) interventions carried out with 3 sessions for 3 weeks were analyzed using Wilcoxon and Mann withney with significance values ($\alpha = 0.005$). **Results:** Wilcoxon test results obtained $p < 0.05$ and Mann Whitney test showed significance value with $p = 0.000$, indicated that there were differences between treatment and control groups in increasing husband support and breastfeeding self efficacy. **Conclusion:** Educational Intervention with PLA method (participatory Learning and Action) could increase the support of husbands in caring for breastfeed and breastfeeding. The intervention focused on participatory learning models (participation) of participants in all aspects such as: planning activities, carrying out assessing activities.

Keyword: PLA (participatory Learning and Action), the support of husband, breastfeeding self efficacy